

# Discovering Personal Values

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Personal values are important guiding principles that motivate your behaviors, decisions, and actions. These fundamental beliefs about your life bring a sense of purpose and self-worth while helping determine your vision for the future. Your core values define who you are, what is most important to you, and what you would like more of in your life.

1. Choose 15 values that are most important to you,
2. Shorten the list to identify the ten that are most important.
3. From those ten, select the five that you strive towards consistently.  
These are your personal values.

Honesty	Family	Happiness	Timeliness
Adventure	Freedom	Gratitude	Toughness
Teamwork	Security	Trustworthiness	Devotion
Hard Work	Loyalty	Dependability	Poise
Communication	Intelligence	Determination	Intuitiveness
Flexibility	Grace	Friendship	Logic
Learning	Connection	Self Control	Boldness
Excellence	Competitiveness	Benevolence	Humor
Innovation	Creativity	Health	Cleanliness
Quality	Humanity	Proactivity	Empathy
Contribution	Respect	Independence	Compassion
Spiritualism Strength	Personal Development	Integrity	Tidiness
Entertain	Diversity	Justice	Endurance
Punctuality	Generosity	Kindness	Perseverance
Wealth	Professionalism	Uniqueness	Pridefulness
Urgency	Versatility	Knowledge	Selflessness
Resourcefulness	Finesse	Peace	Reliability
Power	Love	Perfection	Inclusion
Affection	Openness	Simplicity	Passion
Cooperation	Advancement	Sincerity	Originality
Inspire	Attitude	Spontaneity	Ethics
Optimism	Order	Success	Confidence
	Love of Career	Charismatic	Consistency

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2. \_\_\_\_\_
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4. \_\_\_\_\_
5. \_\_\_\_\_

Adapted from p. 91 of the following: McKee, A., Boyatis, R. & Johnston, F. (2008). *Becoming a Resonant Leader*. Harvard Business Press.